



What's New

From the Army Physical Fitness Research Institute

APFRI Publication No. 2-07

February 2007

APFRI Recognizes Friday, February 2, 2007 as National Wear Red Day

Friday, February 2, 2007, is National Wear Red Day—a day when Americans nationwide will take women's health to heart by wearing red to show their support for women's heart disease awareness. The Army Physical Fitness Research Institute (APFRI) would like to remind you of **WEAR RED DAY** and encourage all the Carlisle Barracks community to participate and show support for heart disease awareness by wearing red on Friday, February 2nd.



Support Cardiovascular Disease Awareness

Coronary heart disease is the main form of heart disease. It is a disorder of the blood vessels of the heart that can lead to heart attack. A heart attack occurs when an artery becomes blocked, preventing oxygen and nutrients from getting to the heart. Other cardiovascular diseases include stroke, high blood pressure, angina (chest pain), and rheumatic heart disease. You still may be thinking, "But this doesn't apply to me. I don't have heart disease." You may, however, have conditions or habits that can lead to heart disease, such as being overweight, smoking, or being inactive. You may already know about these other "risk factors" for heart disease and you may know which ones you personally have. What you may not know, though, is that if you have even one risk factor, you are much more likely to develop heart disease, with its many serious consequences. One reason some women aren't too concerned about heart disease is they think it can be "cured" with surgery. This is a myth. Heart disease is a lifelong condition—once you get it, you'll always have it. That's why it is so vital for you to take action to prevent and control this disease. Unfortunately, most women don't know *The Heart Truth*. Although significant progress has been made increasing awareness among women—from 34 percent in 2000 to 55 percent in 2005—most women fail to make the connection between risk factors, such as high blood pressure and high cholesterol, and their personal risk of developing heart disease. *The Heart Truth* is that women don't take their risk of heart disease seriously—or personally, but should. Please help do your part to increase awareness on Wear Red Day.

Statistics

- Heart disease is the #1 killer of women
- One in 2 women in the USA die of heart disease or stroke, while 1 in 30 die of breast cancer



From the Army Physical Fitness Research Institute

Are You At Risk?

Here is a quick quiz to find out:

1. Do you smoke?
2. Is your blood pressure 140/90 mmHg or higher, OR have you been told by your health care provider that your blood pressure is too high?
3. Has your health care provider told you that your total cholesterol level is 200 mg/dL or higher OR your HDL (good cholesterol) is less than 40 mg/dL for men and less than 50mg/dL for women?
4. Do you have diabetes OR a fasting blood sugar of 126 mg/dL or higher, OR do you need medicine to control your blood sugar?
5. Are you over 55 years old?
6. Do you have a body mass index (BMI) score of 25 or more?
7. Do you get less than a total of 30 minutes of physical activity on most days?
8. Has your health care provider told you that you have angina (chest pains) OR have you had a heart attack?
9. Do you have a family history of early heart disease?

If you answered "YES" to any of these questions you are at an increased risk of having heart disease.

Good News

The good news is that both men and women have tremendous power to prevent heart disease---and you can start today. By learning about your own personal risk factors and by making healthful changes in your diet, physical activity, and other daily habits, you can greatly reduce your risk of developing heart-related problems. Even if you already have heart disease, you can take steps to lessen its severity. Start taking action now to protect your heart.

The Heart Truth

The Heart Truth is a national awareness campaign for women about heart disease sponsored by the National Heart, Lung, and Blood Institute, part of the National Institutes of Health, U.S. Department of Health and Human Services, and other partner organizations. The campaign launched the Red Dress as the national symbol for women and heart disease awareness in February 2003.

Future Issues:

- Electron Beam Computed Tomography
- Monthly Health and Fitness Updates
- APFRI Takes Care of Its Own

Take Action to be Healthier

- *Have your cholesterol and blood sugar levels checked and learn your numbers.
- *Monitor your blood pressure.
- *Stop smoking.
- *Increase your physical activity to a minimum of 30 minutes on most, if not all, days of the week.
- *Reach and maintain a healthy body weight.
- *Eat a well balanced diet, including lots of fruits and vegetables, less salt, low fat, more legumes, fish, poultry and lean meats

References:

1. <https://apfri.carlisle.army.mil>
2. www.hearttruth.gov
3. www.americanheart.org

For More Information

For More Information on Cardiovascular Disease contact:

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